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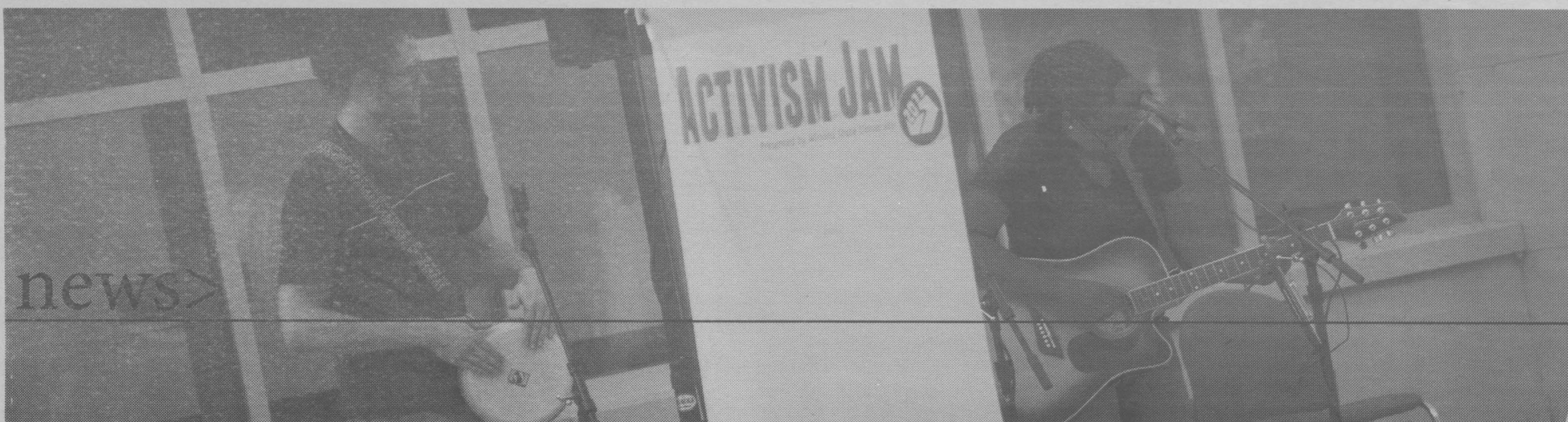
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on trial for last
semester's offenses
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"Charting the
Future" forum
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KELSEY CHERWINKA



CARA MANNINO

Activism Jam kicks off university theme

AJ the green critter is a new arrival to Winona State University.

He was the mascot for the Activism Jam, which kicked off Winona State's 2013-2014 university theme, "Civic Action: Meeting the Challenge."

"I think that civic action is at the heart of university learning and education," Tamara Berg, who coordinated the Activism Jam with fellow professor Emilie Falc, said.

The event took place Sept. 10, in the main campus courtyard. Students were invited to a barbeque dinner and had the opportunity to speak with various community organizations to learn about volunteer opportunities and the upcoming Camp Wellstone event.

"We're making them do a little work [for dinner]," Berg said. To earn their meal tickets for the barbeque dinner, students needed to talk to at least two organizations, learn how to get involved and collect contact information.

Students also contributed to the Democracy Wall, which consisted of two whiteboards with questions about civic action and democracy.

Kara Lindaman, a political science professor and the coordinator for the American Democracy Project (ADP) at Winona State, explained that Democracy Walls are featured in both permanent and temporary forms at many schools participating in the ADP. Winona State has been a participating school of the ADP since 2004.

"There are lots of excellent organizations here," Winona State student Ashley Belka, who came to participate in the Activism Jam as an assignment for her WAGS 420 Field Experience class, said.

The organizations in attendance included Big Brothers Big Sisters, the Developmental Achievement Center, Project Get Outdoors, Ridgeway Community School, St. Anne's of Winona, the Women's Resource Center, Winona County Restorative Justice and Winona Volunteer Services.

"Without volunteers and things like that, we wouldn't function," Emily Dierling, representing the Women's Resource Center, said. Her organization and others featured at the event provide numerous volunteer

opportunities for students.

In the days leading up to the event, the senior graphic design team released an advertising campaign featuring AJ the green critter.

"He's kind of the ambiguous face of activism," Kate Effertz, one of the students on the graphic design team, said. AJ is meant to be nondescript in appearance. The critter sports a variety of hairstyles throughout the campaign.

Effertz and her fellow senior graphic design classmates worked together to create the advertising campaign in a week's time.

Part of the advertising campaign leading up to the event was a campus-wide scavenger hunt. Participants read clues on a puzzle board and collected a total of nine puzzle piece stickers that formed a picture of AJ.

The puzzle piece stickers could be found in locations where activism played a role, such as the Women's and Gender Studies office, the Inclusion and Diversity office, and the Nursing department, Effertz said.

Participants earned the final puzzle piece by taking a picture with a cardboard cutout of AJ. They entered the completed puzzles into a drawing for prizes donated by area businesses.

"I'd like to see more events like this happening on campus," a Winona State alumna who graduated in the spring of 2012, said.

With a degree in political science, she now serves with Americorps working on community technology empowerment projects. She thinks activism is important because college students and youth might not yet realize the amount of change they can make.

-REBECCA MUELLER
News Reporter
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ALICIA ALVERSON

Sex offender on \$1 million bail

Ramone L. Newell finally in court after 4 months of pending evidence left outside sexually-assaulted victim's bedroom window

Ramone L. Newell, a convicted sex offender, has been charged with first-, second- and third-degree criminal sexual conduct, criminal sexual predatory conduct and first-degree burglary in connection with the sexual assault of a Winona State University student last spring.

On April 25, 2013, according to the complaint, at approximately 4:50 a.m. a student woke to find a person crouched at the foot of her bed. When she asked, "who are you?" the person told her to shut up and that he had a knife. He checked the hallway before telling her to roll onto her side or stomach and then forced her onto her back, covered her face with a pillowcase and pulled off her pajama pants.

The man touched her and ordered her to do sexually explicit things while standing at the foot of her bed, according to the complaint. He then left the woman's room, taking her cell phone with him. Once he had left, the woman managed to contact someone via Facebook to call the police for her. Approximately twenty minutes after the assault had begun, the police arrived at her apartment.

The woman described her attacker to the police as a black male between 5 feet 7 inches and 5 feet 10 inches tall and wearing a baggy, black-hooded sweatshirt.

Investigators at the scene took a cast of footprints outside the victim's window and swabbed a combination light and fan switch for DNA that the victim said the aggressor had touched.

According to Kevin O'Laughlin, the assistant county

attorney, these tests were one of the reasons these charges were not made until more than 4 months after the initial incident.

Newell's boots were seized and were found to be a positive match to the footprints found outside the victim's house, according to the complaint. The DNA test done on the fan switch in the victim's bedroom showed that the victim and Newell could not be excluded from being contributors.

O'Laughlin said Newell was already in police custody on an unrelated charge on Sept. 6 and was then charged and arrested that day.

Sara Fry, a Winona State exercise science major, said she was relieved when Newell was charged for the April incident because she had lived near the apartment Newell had allegedly broken in to.

"It freaked me out," Fry said. "He took people's sense of security. He made many girls in Winona feel unsafe in their own homes."

At Newell's hearing on Wednesday, Sept. 11, the court set an omnibus hearing for 2:30 p.m. on Oct. 3.

O'Laughlin said this postponed hearing would give Newell time to bring forward any challenges to evidence.

"At the hearing, I would anticipate that he will address or identify any challenges he might have to the evidence or probable cause," O'Laughlin said.

O'Laughlin said Newell is currently being held in the Wabasha County Jail with bail set at \$1 million.

"He took people's sense of security. He made many girls in Winona feel unsafe in their own homes."

-Sara Fry

-ELISE NELSON
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Security Incidents

Sept. 5

- 4:06 p.m. A WSU Student reported that she was threatened by a non student. Complaint was determined to be unfounded.

Sept. 7

- 11:54 p.m. Several individuals were cited for an alcohol violation.

Sept 8

- 4:35 p.m. A WSU Security vehicle was involved in a property damage accident at Mark & Huff Street.

Sept 12

- 6:20 p.m. Security and EMS responded to Memorial Hall regarding an injured football player. Subject was transported to the hospital.

Sept. 13

- 11:04 p.m. Security conducted a welfare check on an intoxicated student in the Quad. Student was allowed to stay with a friend.

Sept. 14

- 12:07 a.m. Security made contact with an intoxicated student outside of Sheehan Hall. EMS and law enforcement were notified. Student was transported to the hospital.
- 12:32 a.m. Security conducted a welfare check on an intoxicated student in Haake Hall. Student was allowed to remain with a friend for the evening

Downtown recovers from fire



CAITLIN REINEKE

We extend our support. Look for extended coverage on the Friday, Sept. 13, fire in the Sept. 25 issue of the Winonan.

Semcac holds 1/2 K fundraiser on campus



A group of women walk across campus to support Semcac Clinic.

REAGAN JOHNSON

The Semcac Family Planning Clinic ran its first fundraiser this Saturday. The 1/2k run/walk was supported by area businesses, the Sexual Health Awareness Group (SHAG) and the Winona State University Alumni Association.

The group of about 20 to 30 participants gathered at the gazebo on Sept. 14 for the

fundraiser. The cost to register was \$20 per person and each participant received a t-shirt and a raffle ticket.

The proceeds of the walk went to Semcac Clinic's education and outreach programs.

One of the clinic's nurses, Sarah Bohn, said the clinic provides woman's care, birth

control, STI screening and counseling.

The theme of the walk was "Get Talking."

"It's important for people to put down their electronic devices and actually talk face to face," Chissy Feine, the fundraiser's coordinator, said. Signs with conversation starters on them were placed along the

route to give groups topics to discuss.

"Communication is the foundation of all relationships," Feine said.

-REAGAN JOHNSON

News Reporter

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WSU celebrates 50th anniversary with black-tie gala

The Winona State University Foundation will host its first gala to celebrate its 50th anniversary on Sept. 20.

Since the foundation started in 1963, it has supported Winona State in several areas, one of them being scholarships for students.

Stephanie Wick, a senior studying education, has received the Susan E. Anderson scholarship through the foundation since her freshman year. This \$1,000 scholarship is renewable each semester, as long as Wick keeps her grade point average above 3.0.

"Not only does it take a burden off my shoulders because I don't have to worry so much about how to pay for school, but it gives me extra motivation because it's not my money I'm spending at school; it's Susan's," Wick said.

If she has difficulty studying for a test, Wick walks by the plaques in Somsen Hall with the names of benefactors for the Winona State foundation and finds Susan's name. Wick said she feels inspired to study when she realizes that it is Susan's money that is helping her through school.

Alex Kopperud, a sophomore studying advertising, also receives the Susan E. Anderson scholarship.

"This scholarship helps

tremendously with paying for tuition. An extra \$2,000 per year is very much appreciated, and I am extremely grateful," Kopperud said.

Kopperud said he meets with Anderson each summer before school starts. He said she is like an aunt to him because she tells him how proud she is when he does well in school.

Gar Evans, interim vice president for university advancement, said, "We've never done a gala before, this is the first of its kind, and it's probably going to be the last of its kind for another 50 years."

The gala will be from 5:30 to 10:30 p.m., starting with a social hour in a tent behind Lourdes Hall.

"The decorations are going to be unbelievable; we'll leave it at that," Evans said. He doesn't want to give a lot away because he wants the trustees to be surprised.

After social hour, guests will eat dinner in Lourdes Hall, where Chartwells will provide a special dinner for the event.

After dinner and the reception, guests will be invited back to the tent for dancing. Rich MacDonald & Friends, a 10-piece big band, will play for the dance. Evans described MacDonald as a

phenomenal drummer with many of the artists in his band being from Winona State.

Evans said more than 200 people have purchased tickets for the gala already.

"It will be a memorable evening because we want those people who have created significant support for Winona State to understand that that support has been greatly valued," said Evans.

The following morning Winona State will host its 30th Annual Foundation Scholarship Recognition Breakfast with more than 900 guests attending.

The breakfast is one of the only times students and their families can meet the benefactors. It is by invitation only and will be at 9 a.m. in the McCown Fieldhouse.

-MICHELLE PETERSON

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The gala is black-tie optional with purple clothing encouraged. Tickets are \$75 per person. It is open to the public, and those interested can register by going online to www.winona.edu/gala, calling 507-457-5020, or stopping by the foundation office in Somsen 204.

This week in Winona ...

Wellness Wednesday: DIY Recycled Crafts

W Time: 3 p.m.
Place: IWC, the WELL
Contact:
healthpromotion@winona.edu **18**

"Meet the Workout Buddies"

T Time: 3- 4 p.m.
Place: IWC, the WELL
Contact:
healthpromotion@winona.edu **19**

"Night of the Living Dead" film

F Time: 10 p.m.
Place: SLC 120
Contact: Nathan Wardinski
NWardinski@winona.edu **20**

Football vs. MSU Moorhead

S Time: 6 p.m.
Place: Verizon Stadium
Contact: Grant Wall
GWall@winona.edu **21**

Autumn begins!!

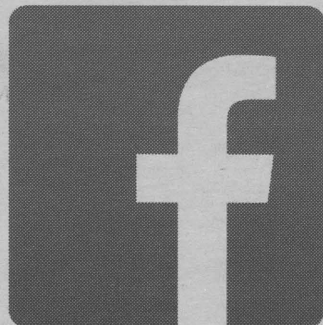
S Go to an apple orchard!
Pick pumpkins!
Make some cider! **22**

Mindfulness Meditation Practice Group

M Time: 12- 12:50 p.m.
Place: Memorial Hall 300
Contact: Gretchen Cohenour
GCohenour@winona.edu **23**

NAFME Faculty Recital

T Time: 11- 2 p.m.
Place: PAC **17**



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New e-cig policy: helping or hurting?

Owners of e-cig shop, Vapor Vibes, disagree with putting e-cig smokers next to traditional cigarette smokers

Winona e-cigarette store managers advocate for e-cigarettes in place of traditional cigarettes for health reasons, which is why they question the new policy regarding e-cigarettes on Winona State University campus.

With the new policy in place, Winona State now treats e-cigarettes like traditional cigarettes, meaning there are designated spots where they are allowed.

However, Mark Roussin, co-owner of Vapor Vibes, said if students are using e-cigarettes to quit smoking cigarettes, it doesn't make sense to put them near people who smoke cigarettes.

"You're forcing students to be around the very habit that they're trying to get away from," Roussin said.

Roussin said a lot of people that don't understand this product instantly correlate it with something that's really negative, but at least the school is attempting to understand it.

"These aren't tobacco devices. These are nicotine devices. I see an e-cig as a safer alternative to something that people are going to be doing no matter what," Roussin said.

Roussin explained that some people use e-cigarettes to try to quit smoking cigarettes, and some people use e-cigarettes as an alternative to smoking.

Roussin said e-cigarettes are for people who don't want to be around the 4,000 chemicals, 300 poisons and 76 carcinogens in cigarettes since e-cigarettes are made of only four chemicals: polyethylene glycol, vegetable

glycol, nicotine and natural and artificial flavorings.

"People are figuring it out for themselves, would I rather put four chemicals in my body or 4,000?" Roussin said.

"The whole point of college is really to learn how to become an adult – and if you baby students, that defeats the whole purpose. It should be their choice," Roussin

Roussin and Delsing agree, however, that there should be some regulations on the use of e-cigarettes during class or in the cafeteria, like cell phones. If it's distracting in class, then people shouldn't be doing it, Roussin said.

However, Roussin and co-worker Dave Delsing do agree with the hookah ban.

Hookah is different, Delsing said, because something is actually being burned.

"We don't want to be in the same category as hookah, because it's not a hookah at all," Delsing said. "What we have here is all electronic."

Roussin said he encourages people to do research before they label e-cigarettes as bad.

-MICHELLE PETERSON
News Reporter
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**we want to know what
you think about the e-cig
policy!**

**tweet
@Winonan**

#ecigsoncampus



Owner Dave Delsing in Vapor Vibes shop, located on Gilmore Avenue talking with potential new customers.

ANDREA BAUTCH

Education reform forum short on student voices

Mackenzie Haugen, like so many other college students, is in thousands of dollars of debt.

She was one of the twenty or thirty students sitting amidst faculty and board members from Winona State University, as well as some surrounding schools at last week's Charting the Future forum on Thursday. That group of twenty or thirty was mostly a class of students who had been required by their professor to attend.

Besides Haugen, none of them spoke.

Haugen is the Student Senate representative for the College of Business and a transfer student. With her student loans maxed out, she believes she will be forced to choose her first job with her financial situation weighing heavily on her mind.

That future is a reality she and many others face every day.

"It's a little bit concerning to me that there wasn't more of a student presence," she said. "We need to make our voices heard."

With economic pressures rising, Haugen said that she sees a future generation who will not be able to attend college at all. She came to the forum to represent members of that generation, as well of members of her own who struggle to pay off their loans.

The forum was held to provide feedback on a drafted initiative by the Minnesota State Colleges and Universities System (MnSCU). Chancellor Steven J. Rosenstone selected Winona State's President Scott Olson to be on a focus group for the project back in 2012. Olson said the focus groups met within a cloistered "cone of silence," deliberating strategic priorities for Minnesota's colleges and universities and emerging with a draft report from the conclusions reached during the workshops.

The report was distributed back to the schools to be reviewed by students and faculty so they could provide feedback. Haugen was surprised by how little it said about helping students pay for school.

"I have so many loans that it gives me anxiety to even think about paying them off," Haugen said in the meeting. "I think the draft needs an additional category on affordability." Haugen called for a streamlined, more efficient MnSCU to cut expenses and give the money back to students.

Haugen soon found that she wasn't the only person in the room with concerns.

Representative Gene Pelowski of the Minnesota House of Representatives raised his hand and rose to his feet.

"Who wrote this?" he asked Olson. "Your name is at the top, but who wrote it?"

Pelowski said he was concerned about who was really doing the talking in terms of the reform. He and

the Minnesota legislature had just worked extensively to increase Minnesota's college education budget by \$250 million and impose a two-year freeze on tuition in June. He said he failed to see how the draft reflected the consequences of the legislation—or the real world in general, having been "written in the bowels of MnSCU."

"We [the legislature] have charted a future. We have charted it at great cost," he said, brandishing his copy of the draft. "If you're charting a future that's different than the legislature's, I want to know why."

Olson said that the document didn't address the same reforms the legislature had passed, but rather posed "different questions." He answered questions as they cropped up from all sides of the room, having the points recorded on two easels at the front of the room. The draft, after all, was not necessarily his point of view. He said that the education system office could stand to be a bit more efficient, and a bit more effective.

"If this gets thrown in the trash," he said, holding his copy of the draft, "I don't care." His job, he said, was merely to make sure every voice was heard. Originally, he had planned to make it through six major points in the draft in the allotted 90 minutes for the forum. Due to argument and discussion, however, they only managed to cover half of them that day.

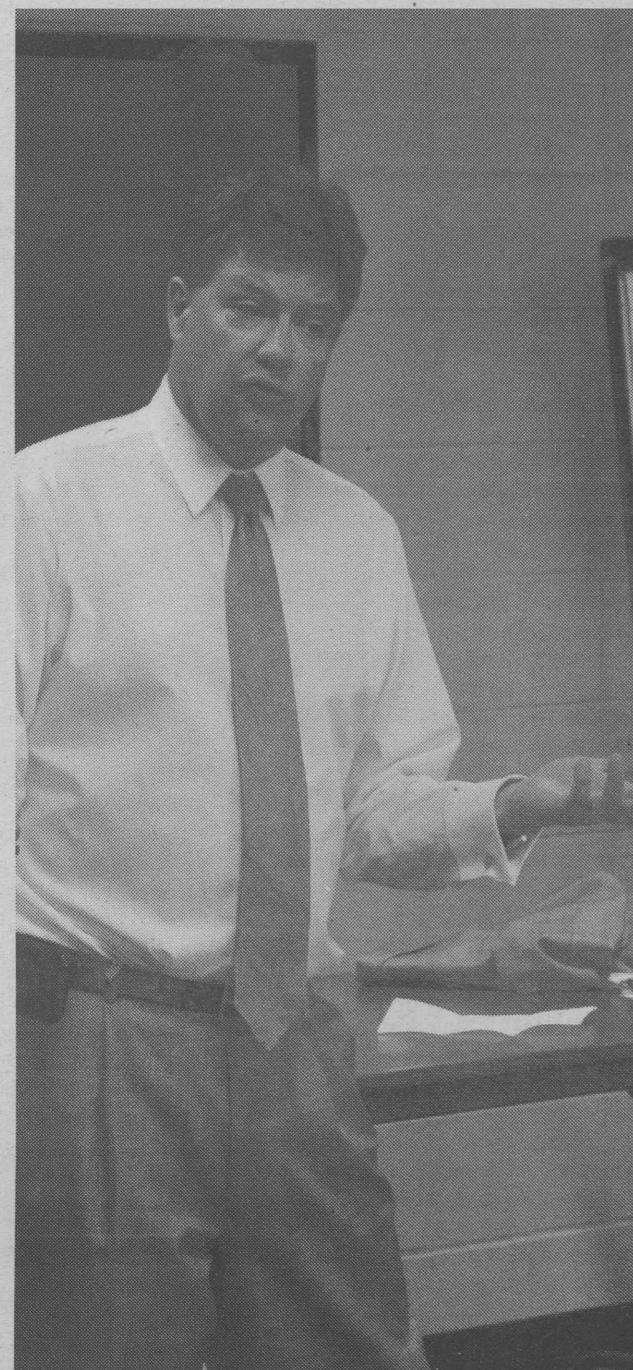
Haugen said she wasn't as suspicious of the process described in the draft as Pelowski. She saw it more as a visionary document rather than a concrete plan.

"This is a really good start to a vision from MnSCU," she said. She hesitated, looking around. The class of students had left long ago, about halfway through the presentation. "Still," she said, "I guess it doesn't really reflect reality to the degree that it could."

Olson said that encouraged students to give feedback on the draft online, even if they didn't attend the forum. In October, the focus groups will reconvene and discuss the data they'd collected from the forums for possible revisions. Then, in November, the draft will be submitted to the MnSCU trustees. Haugen said she wanted more student bodies at the forums themselves, packing into buses to attend rallies at the capital and sending emails to their representatives.

"Our opinions really do matter," she said.

-HANNAH JONES
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President Olson discusses current issues with the public who attended the forum on Wednesday. BARTHOLOME RONDET

Across space and time: international, nontraditional

Never too late or too far away to learn

Robert Pack sometimes feels pressure at school.

"At times it can be intimidating," he said. "I realize that there are people who are in class with me that were born after I had graduated from high school."

Pack, 39, is a non-traditional student here at Winona State University. A professional studies major with a minor in film studies, Pack is returning to college after earning a two-year degree in visual communications.

Having grown up in Winona with a former Winona State professor for a father, Pack has always had a connection here at Winona State.

"They had a preschool program that was here that was part of the education program. And I was a part of that when I was, you know, four," Pack said.

"So I always tell people that I started my education at Winona State, then I transferred to the elementary school system. So it is kind of full circle."

To most he is a nontraditional student, but to this lifelong Warrior, he is just a student.

"We are all in the class for the same purpose ... the common goals," Pack said.

After earning his two-year degree, Pack worked at a television station in La Crosse, Wis. and in the local cable talk television networks. He has constantly been in and out of college since high school.

"I'm surprised, to be honest, that there aren't as many students [my age], and maybe there are and I just don't notice them. But I see a lot of students that are the younger, 'traditional' students," Pack said.

After he gets that long-awaited diploma, Pack is considering entering the radio scene. His "past life," as Pack put it, was in television, and since beginning his job at the radio station as a production assistant and Radio DJ at KQAL, he has really begun to "dig radio right now."

"The trick is, with school, if you treat it as a full-time job, you'll do well. You really need to put the time in," Pack said. "You'll enjoy it. I have enjoyed it more than I thought I would."

While Pack restyles his life here at Winona State, some students from all over the world are choosing Winona as their new home. Shirley (Ge) Mou is from Nanjing, China, and she is majoring in nursing in her second year here.

"My parents and I think this is a really good chance to better my education," Mou said. "This place is a freedom country. I can do what I want, and people here are nice. I feel comfortable here."

For most international students, language can be a huge barrier to overcome, but Mou said she believes the rigid cliques formed on campus are also hard to overcome.

"You may see the groups of Chinese and then the Americans on campus. It can be very hard to fit in to the culture," she said.

So, how exactly did Mou land on Winona State? In the end it all came down to the cost of tuition.

"There were other universities, but their tuition fees were too expensive, and I think here we have a good place to study," Mou said. "The education is best for me here."

Once she got here, Mou found her favorite part of life in Winona was the people she met every day.

"Everybody here is more likely to be open [and] outgoing," she said. "They just are not shy!"

After graduation, Mou plans to try to find a job here, whether it is in nursing or some other field related to it. One thing is certain: her post graduation plans include her new home.

"I prefer to stay here," she said.

Both Mou and Pack just view themselves as students. To these two, the differences between themselves and "traditional" students are just stories to tell.

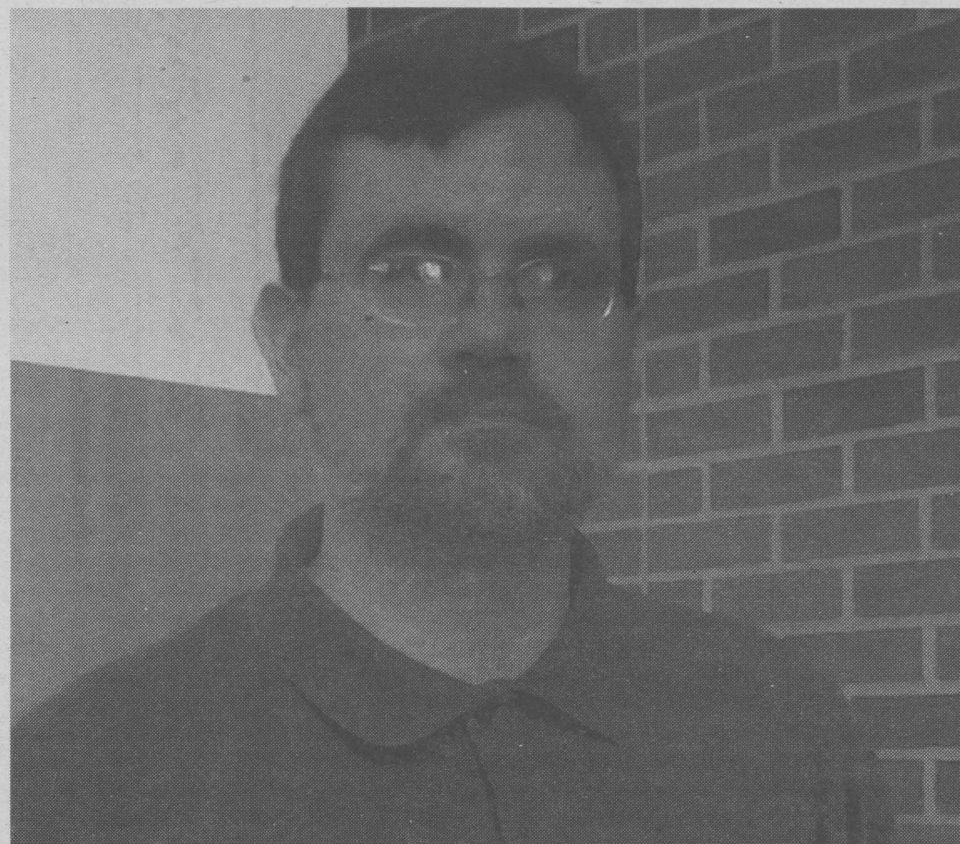
"I just try to be a student," Mou said. "I love this school!"

-SAM STETZER
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Robert Pack returns to school for a film studies degree.

ANDREA BAUTCH



Shirley (Ge) Mou comes to Winona State from Nanjing, China.

ANDREA BAUTCH

The trip of a lifetime: the Starfish Project



Winona State University graduate students stop at Breckenridge, Colo. on their summer-long journey

PHOTO CONTRIBUTED BY KAI HOVDEN

Three Winona State University graduate students set off on a road trip to help non-profit organizations in the most impoverished places in the United States, and it all started with a text message, “I have this crazy idea for something we should do this summer.”

Spencer Hartz, Wiley Koehler and Kai Hovden’s goal in each place they traveled was to get involved with struggling non-profit groups and help them become more recognized.

Hartz originally got the idea from his mom, who goes on mission trips.

He asked her, “How do you deal with helping out this group of people but not being able to help the rest of them?” She told him the story of the starfish parable.

The starfish parable is about a little boy who threw starfish back into the ocean, but there were thousands of them.

An elderly man was skeptical of the boy’s efforts, but the boy picked up another starfish and simply said, “It will matter to this one.” Hence, where they got their name: The Starfish Project.

More inspiration came from “The Buried Life” on MTV. The hosts cross off things

on their bucket list and then turn around and help total strangers complete items on their bucket lists.

The men kicked off their journey in Milwaukee on July 4, supplied with GIVE t-shirts; the GIVE Shirt organization sells t-shirts printed with the word “GIVE” and the proceeds go to charities of the buyer’s choice.

Their first stop was one of the most impoverished places in the U.S., Pine Ridge Indian Reservation in Pine Ridge, S.D.

“You think something bad might happen to you out there, but when you get there you meet the average person, and they’re just like you. They want to play basketball or ask a girl out,” Hovden said.

The most valuable lesson they learned throughout all of their trips was breaking the stereotype image, Hovden said.

“You can’t visit a place like Pine Ridge or L.A. and meet the people there and still have prejudice against them. If you go there and talk to the people and make relationships, you’re there doing it, you’re not just reading about it. There’s no way you won’t think about it differently,” he

said.

Another notable stop was Breckenridge Outdoor Education Center in Breckenridge, Colo.

This center helps people with disabilities realize that they still have personal freedom.

Hovden met a young man whose story hit home.

He was a law school student and ran cross-country like Hovden, but he was in a car accident and sustained brain damage.

“By coming to Breckenridge he learned how to walk again and do things for himself. It was super emotional for all of us to hear about how one moment changed his life,” Hovden said.

Another stop was at the Equality House in Topeka, Kan. The Equality House is painted in the colors of the pride flag as a visual reminder of citizen’s commitment to equality for all.

The Westboro Baptist Church, a religious group known for their picketing at military funerals and their distaste for the LGBTQ community, is directly across from the Equality House.

This didn’t bother the men though; they

got to see both sides.

After their interview with the Equality House, they got the number of the Public Relations worker for Westboro Baptist Church.

When Hovden called the man’s cell phone, he knew they were sitting outside in the van, Hovden said.

Hovden went up to the door of the church and it opened even before he knocked. He asked if they could come to their service.

“They talked it over and told us, ‘You can come, but you have to sit in the back and if you say anything, you are out.’ It was a crazy experience,” Hovden said.

After a month of traveling around the country through plains, deserts and bayous, they returned home on August 6.

To learn more about The Starfish Project, visit their Facebook, Twitter and YouTube pages or www.thestarfishproject.net.

-JORDAN GERARD

News Writer

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cover story>





"This is Dakota land"

The Great Dakota Gathering returns to Winona

Unity Park was filled with local Native American history and culture this past Friday through Sunday for the Winona Dakota Unity Alliance 10th annual Great Dakota Gathering.

Teepees lined the park, and vendors sold authentic jewelry and paintings at the gathering, which aims to teach and celebrate the Dakota culture that is abundant in the Winona area.

"We started when this area was just a puddle," said Lyle Rostad of the Diversity Foundation of Minnesota. The main goal of the foundation is to help Native Americans who are still traumatized from events that have plagued the history of their culture.

"We have been bringing furniture and clothes with our drives, but so much more needs to be done. This is just a Band-Aid," Rostad said. "Nobody had really done what we did here, which is invite the Dakota back here. It was a small crowd the first year, and it grew, and by the fourth to fifth year we had 800-1,000 Native Americans."

Just one of the numerous booths and vendors at the gathering, the Diversity Foundation of Minnesota was selling authentic Native American paintings by JoAnne Bird to benefit the foundation's efforts.

"We are trying to raise the funds to get digitized, and we may house them in the Winona area. We may get some students to help us," Rostad said. "We've been documenting this for 20-some years, so we've got many of the [stories] of the Elders who have passed on. So we've probably got about a couple thousand hours and maybe 75,000 photos we have taken over the years."

Besides the artistic vendors, there were also many events that took place, such as feasts, a moccasin tournament, Sunrise Ceremonies and the Friendship dance. But the one type of event that is most essential to the continuation of Native American tradition was the education events.

On Friday, children from local elementary schools overtook the park to learn about the Native American heritage and history.

"We moved it to September to go for the education," Rostad said, "So we can get to the kids because that is the important part." Many of the education events included simulations of what it is like being a Native American, stories and art from the culture and learning about the stereotypes and cultural insensitivity.

One man who cares deeply about abolishing stereotypes and teaching people about the history of Native Americans is Nakoma Volkman, an art vendor out of Rochester.

"There are so many pathetic, stupid stereotypes about Native Americans," Volkman said. "The general public, they just don't know, and most of the teachers don't know. It's shameful that people have such idiotic understanding of Native American culture."

Hand-crafted paintings and mugs lined Volkman's tent. Many of the works were decades old, from his many years at events such as this one. Volkman's story is one he shares with many Native Americans: mixed heritages. "Nakoma" represents his Indian heritage, while "Volkman" represents his German roots.

Born in 1939, Volkman has been an advocate for Native American cultural issues. "We are God-centered, and they thought we worshiped the devil or did voodoo. They just don't understand the real story of Native American cultures," he said.

Volkman and his wife travel everywhere with the powwow circuit, including Nashville, Texas and Mankato, Minn. He has been on this road since 1960, selling his own authentic artwork and crafts.

But besides being an avid participant at powwows, Volkman is also a speaker. Between schools and historical events, Volkman has given 3,600 presentations, including ones at Winona State University.

"A lot of people think of me as an artist who happens to write, but really I am a writer who happens to draw," said Volkman, "All to preserve our ancient traditions and good ways. Today's society is losing that so rapidly ... obviously I can't change the world, but this is my little contribution to that effect."

According to Volkman, there was much that needed to be preserved.

"This is the Dakota Land," he said. "This was their campground, they stayed here every year. Their burial grounds are here, and Chief Wabasha, the original, used to live right under Sugarloaf. So this is a very historical area for the Dakota."

-SAM STETZER

Feature Writer

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All photos for this story: KELSEY CHERWINKA

Paul Loeb presents "Soul of a Citizen"

Author Paul Loeb wanted to find out why people, especially students, tend to avoid taking stands on what is truly important.

Loeb is an expert on civic activism and citizen responsibility, presented his thoughts on the subject at the Lyceum Series at 7 p.m. last Tuesday. In his presentation, Loeb explained why activism is important and how someone can get involved.

"Essentially what I do is I look at how ordinary citizens take a stand. I mean, how do you make a decision?" Loeb said. "How do we as human beings in this time rise to the challenge, acting upon what needs to be acted upon?"

Loeb, who has written for various publications including the New York Times, Washington Post, USA Today, as well as his five praised books on the topic of activism, also drew on his personal experiences.

As a student in high school, Loeb became involved in the protests against the Vietnam War.

"It was when a lot of people were starting to get involved," Loeb said. Loeb said that the people surrounding him in his life were, in many ways, responsible for his inspiration in getting involved in activism.

"I also had a social studies teacher who was really outspoken, and that helped," Loeb said. "I also had a rabbi who was very outspoken and took a lot of risks. He was really important to me... and I've been involved all this time, and I'm speaking and writing about it as well."

Preceding the official Lyceum presentation in the evening, Loeb held a smaller workshop earlier Tuesday afternoon for faculty and students. It was a chance for a more intimate discussion on what students thought on the subject of activism, and what makes students so fearful of taking part.

Loeb thought that students are enveloped in fear and uncertainty. "I think there's fear of judgment by their peers or anybody else," Loeb said.

He described the concept of the "perfect standard." People, Loeb said, are unsure of themselves and do not know enough to speak out or aren't the "perfect" representative to speak out.

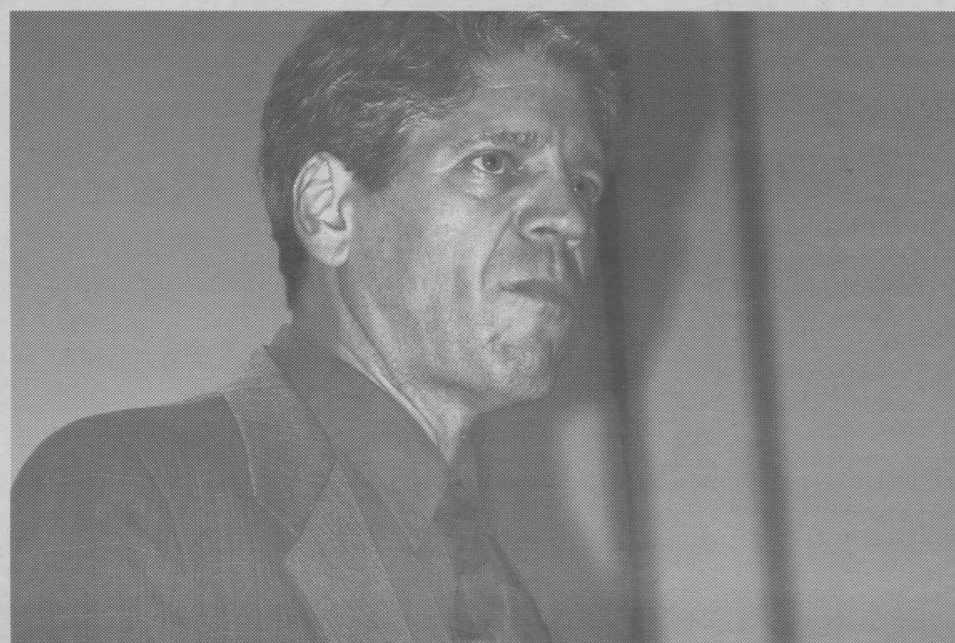
"Ultimately, there's the fear that it won't matter," Loeb said.

Members of Loeb's audience were familiar with that fear. Throughout the workshop, students said that they opted out of participating in the 2012 presidential election. Why? The fear of voting for the wrong person due to a lack of knowledge on the subject was too overwhelming.

Nikki Erickson, a junior at Winona State University who attended the Lyceum presentation in Somsen, related to Loeb's theory of the "perfect standard."

"Fear has everything to do with it. I think, especially in today's society, no one wants to stick their neck out too far," Erickson said.

"There's this fear that people will fail and that their opinions won't matter. But there's the realization that those who act out can see result, yet at the same time it is



Activist Paul Loeb speaks to students and the community on Thursday evening in the Somsen Auditorium.

ANDREA BAUTCH

a process ... I think people shouldn't get discouraged when the changes don't occur right away."

During the Lyceum, Loeb discussed the importance of determination and carrying on with what is right. Loeb's historical example of persistence for activism was that of the famous Rosa Parks.

"Essentially what people think is that there's this woman who steps out of nowhere, almost randomly and insists on change. What people don't know is

that she was a part of a social movement. She was the secretary of the NAACP in Montgomery, Alabama."

Loeb brought to light how powerful perseverance can be.

"It was twelve years since her NAACP training to her stand on the bus. It's all about persistence."

-MOLLY O'CONNOR

Feature Writer

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Winona State students practice Mindfulness Meditation

The mind works in mysterious ways. Mindfulness Meditation, a one-credit course offered by Winona State University, aims to help students refresh the thought process and help maintain relaxation.

Gretchen Cohenour, theater and dance professor at Winona State, instructs mindfulness meditation.

The goal of meditation is to center and align the body, mind and spirit by being focused on observing yoga principles and embodiment practices, as well as simply focusing on breathing, Cohenour said.

According to Cohenour, meditating is especially beneficial for performing artists at any stage of development and can help ease many health issues including high blood pressure, anxiety and depression.

"As a performing artist, we can get so caught up in strength, movement and development, but all the training comes to knowing thyself, that way we can come to an integrated place," Cohenour said.

In the beginning of the session, Cohenour allowed the class to become as calm and comfortable as possible.

"Dropping into present moment" is how the meditation process starts, and that is why being comfortable is key. When participants close their eyes, they slip into the

present moment, allowing them to let go of negative thoughts and instead focus on positive thoughts.

Sessions include both sitting and walking meditation. Cohenour has also incorporated occasional readings into her sessions. The readings come from authors of various cultures around the world and focus on interconnectedness.

Winona State student Maddy McKenna said, "I took this class because I thought it would be a good thing to learn now and use in the future."

Meditation is also a very healthy way for students not to become too stressed. "I thought it was an awesome class, and I feel very peaceful now."

Fellow student Spencer Klausing said, "It was a great way to escape the stress of the week."

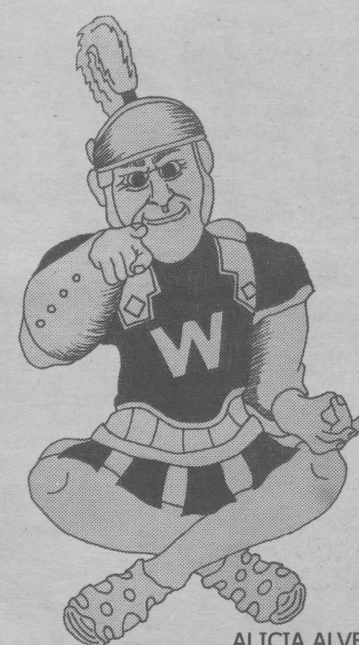
Cohenour said she encouraged students to sign up, and faculty members are welcome to participate. The practice class meets every Monday at noon until 12:50 p.m. in the dance studio in Memorial Hall.

-KAYLA LANGMAID

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ALICIA ALVERSON

Once upon a time: the author of "Max" looks back on her time at Winona State University

Many students at Winona State University wonder how their majors are going to help them after graduation and how to mix their degrees into other professions.

Winona State University alumna Michele Klecker-Sailor has done just that.

She combined her degree and her love for writing into one career that has thus far been successful: children's book author.

Though mass communication may seem a strange discipline for an author, Klecker-Sailor has always had a passion for writing. She was inspired to become a writer in elementary school after writing a get-well card to a teacher.

"When Mrs. Alton came back, she said that my letter had made her cry; it was so touching and well written," Klecker-Sailor said.

"I knew right there that's what I wanted to do: write. The knowledge that I had the power to evoke emotion from the reader just confirmed it for me."

Klecker-Sailor graduated from Winona State in 1994 as a mass communications

advertising emphasis major with a sociology minor and has since self-published two children's stories: "The Patient Leaf," published in 2010, and her newest book, which was published earlier this summer, "Max."

Klecker-Sailor's mass communication major helped her develop her career. She worked as the Marketing Director for AllBreed Obedience in Woodbury, Minn. for 10 years.

However, having taken advertising and public relations classes in particular helped Klecker-Sailor with her eventual success as a self-published author.

"I use the skills that I obtained at Winona State to write press releases and get television, radio and newspaper interviews," she said.

The key to becoming successful, according to Klecker-Sailor, was knowing how to sell herself.

"I have many people come up to me and say, 'I have written a book, but I haven't sold any copies. How do I do that?' The difference is marketing yourself and your

product," she said.

Klecker-Sailor's latest book, "Max," is the story of Max the bunny, who gets befriended by Junk Yard Dog when he is left alone in a community garden.

Because nobody has ever told Max that bunnies and dogs do not make good friends, Max and Junk Yard Dog become best friends.

But Klecker-Sailor's message is much deeper than your typical "opposites attract" type story.

"The message is that friendship trumps all social barriers," Klecker-Sailor said.

That includes sexual orientation, age, sex, economic class, education and more.

Klecker-Sailor said she wanted to inspire her readers to branch out, break stereotypes and make friends with a variety of people instead of feeling socially pressured to stay in one friend circle.

Both "Max" and "Patient Leaf" can be purchased by emailing Michele Klecker-Sailor at kleckermklecker@aol.com.

"Max" is currently being sold in select bookstores in River Falls, Buffalo and

Osseo, Minn., but will also be available soon on Amazon.

-SAMI SCHWANKE

Feature Writer

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ACCOUNTS FROM ACADEMICIANS

(noun) ac a dem mi cian\ a-ke-de- mishen
An Academic; intellectual

IF YOU COULD ROOM WITH ANY HISTORICAL FIGURE, WHO WOULD IT BE?



ANDREA BOE
FRESHMAN
ELK RIVER, MINN.

"Abraham Lincoln. He could never tell a lie, so he would tell me if he stole any of my food."



CAROL ONYANCHA
FRESHMAN
HOPKINS, MINN.

"Oprah, because she could teach me a lot of things."



ANNA BESTUL
FRESHMAN
FARIBAULT, MINN.

"Eleanor Roosevelt, because she was an excellent cook."



CHRIS VEEDER
FRESHMAN
BUFFALO, MINN.

"Princess Diana, because she could help me pick out my clothes every day."



KELLY HIGHUM
FRESHMAN
MINNEAPOLIS, MINN.

"Frida Kahlo, because she would be an interesting person to talk to."



NOREEN JAY
FRESHMAN
ARLINGTON HEIGHTS, IL.

"Julie Andrews, because she is very nice, and she could sing while she was cooking or cleaning."

PHOTOS AND INTERVIEWS BY ELIZABETH PULANCO

From the editor's desk: what's wrong with the Robin Thicke parody?

We live in a society with great sexual freedom. But when does sexual freedom become exploitation, and vice versa? I hate to say it, but the lines really are blurred.

So Robin Thicke produces a song (and music video) that overtly exploits women, and what happens?

First, it's a ridiculously catchy song with a magnetic beat. In short, almost everybody knows it and has had it stuck in their heads.

Second, people start listening to the lyrics of the song. Some are amused. Some are disgusted. Some sing them to the squirrels in their backyards. Domesticate ya... and name you Chester.

Third, people see the music video. Well-dressed men treat naked or barely-dressed women like objects, pets, accessories made for pleasure and control.

Some people laugh.

Some people don't know how to feel. That beat is so addicting...

Some people feel homicidal.

But any way you stack it, like Miley Cyrus's VMA performance, a song like "Blurred Lines" gets a lot of feedback.

Perhaps you are familiar with the parody of the song

that a group of students from Auckland University in New Zealand made. If not, Google it.

In this music video, well-dressed women treat underwear-clad men like the very kind of objects the original video makes women out to be.

When I first saw this video, I was excited. Chalk one up for the gals. Take that, you male chauvinists. Now how do you like it? Make ME a sandwich, or I will emasculate you. With great pleasure.

But then I thought a little harder. A little bit past pathos and into logos. Why is this kind of disrespect, in any direction, a victory?

In short, the parody is gender-based exploitation all over again.

It looks disturbing either way.

Granted, the parody calls attention to the multiple sex crimes suggested—dare I say highlighted? encouraged?—in the original video. But it also mimics the social structure that makes ending such crimes so difficult.

Why does anyone have to be an object?

Or is this just a matter of perspective? Perhaps I am being too sensitive. Some people see rape where other people see a dance party. Some people see objectification where others see art. Some people see porn where others

see photography. Some see exploitation where others see burlesque.

It is muddy, and there is an element of personal choice involved.

In my opinion, sex can be so dangerous and so beautiful that it shouldn't be messed with nearly as much as it is in pop culture today. Too often, pop culture puts emphasis and pressure on norms that are neither healthy nor right.

This goes back to before Hollywood.

But even with my personal convictions aside, what happened to basic respect?

If the purpose of a parody is to cut the other side down to size and hit them where it hurts, the students at Auckland University did a great job.

Behind the parody, however, I hope there were the kinds of ideas that actually make changes in society. Ideas like respect and equality—ideas that, as author Paul Loeb pointed out in his presentation last week, last a lot longer than any political or social movement.

-MARCIA RATLIFF
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letters to the editor>

Watch out: shady businessman tries to exploit a freshman

It was my second week of freshman year, and I was sitting in the Smaug eating a delicious chicken burger writing a short paper for a class.

I decided to ask the guy at the next table a question: "What's A-Rods real name?" not remembering who the steroid-injecting multimillionaire's real name was. After this stranger responded to me, he decided to introduce himself and offer me an "opportunity of a lifetime."

He was a seemingly well-maintained man, so when he wanted to make a meeting with me to explain his business, I said "Sure, why not?" (what could be the worst thing that could happen?). He said he had a business in Thailand. Which ended up being the first sign something was wrong.

I started questioning—Why is this stranger telling me this? Why would he think I would be any help to him?

After missing our first meeting, knowing that I wouldn't be able to help anyone who already had a business—especially one out of Thailand—I started to receive several calls and voicemails. I ignored almost all of them. I finally answered an unknown number to gave him a chance to run his idea by me.

This guy was trying to exploit a naïve freshman, which seemed like a sure fire deal at making a couple of bucks. Too bad I didn't fall for it.

About two weeks after the first time he got my phone number, I met him in the same location that we met at.

Understanding business is kind of what I like, so I asked a couple very simple questions like do you have a business plan, what products do you sell and how will this make me money.

Almost every question that I asked he would give me such a general explanation: the fact that he is learning from millionaires, how nice it is to work for yourself or my personal favorite: he is just trying to give me the opportunity of a lifetime.

These statements are the beautiful linguistic skills of a bad or even a cheap con artist; they allow you to feel like he is going to make you a ton of money which is not even close to being the truth.

The system he tried to have me to join is as good as the Avon industry, which is fine, but if you pay money to make someone else money, how much profit do you think you will really make? Avon is not a bad business, but essentially when you join it you will always be less than the people before you. As you make money the people

above you will always make more.

I explained this idea to him: if you want to make money, you need a product. In my example that product is a cookie: delicious, easy to make and who wants to pass up a cookie? To truly work for yourself, you don't want to sell someone else's cookie, especially not someone's "product" that you have never seen or tasted.

Nonetheless, he kept bringing up how he was "learning directly from millionaires." But every millionaire who is self-made will always tell you only a couple ways they made their money. They either did what they loved and saved, got lucky or never allowed themselves to work for someone else (risking everything for the potential to make nothing, the true American dream).

I kept drilling this con artist with questions: how much profit do you make per product and how do you expect me to sell anything? Finally, I made sure to ask how much money he was trying to get me to put in as an investment to make money, which happened to be \$199.

On a fixed income with no real way of making money, I know this is completely not feasible, but it's the fact that he tried to get ahold of me so hard, expecting to get this money out of me since he drove all the way to the school from La Crosse, Wisc. (and never was a student at Winona State University).

Now the saddest thing is not the fact that this man drove from La Crosse, but that he expected me to not ask any of these key questions that define any business. After a few questions and almost no answers, he said, "You're obviously not interested, so why would I show you my paperwork?"

Do not take this as if networking is a bad thing, but make sure you understand that just because you are on school grounds does not mean people aren't looking to exploit you.

On the bright side, you're in college, growing your intelligence slowly so that you won't fall into a trap that many people actually believe.

You have now been warned.

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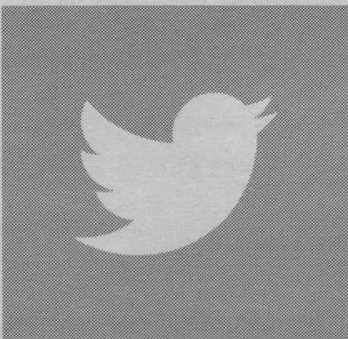
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ALICIA ALVERSON

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Warriors record first win of the season

Winona State University's women's soccer team traveled to Fayette, Iowa Friday, Sept. 13, to play in their first Northern Sun Intercollegiate Conference game against the Upper Iowa Peacocks.

After a pair of 0-0 tied games last week, head coach Ali Omar was looking to convert their scoring opportunities into actual goals.

"We need to keep our head up and just continue playing," Omar said. "The goals will come. There are a lot of good teams this year in the conference and you almost have to be perfect to win."

Kali Loescher of Upper Iowa scored the only goal of the game and her first of the year in the 53rd minute, after receiving an assist from Madie Edwards. The one goal was enough to earn Upper Iowa a 1-0 win over Winona State.

The Warriors totaled 19 shots against Upper Iowa, nine of the shots being on goal. With eight shots during the first half and 11 in the second, Jennifer DeRoo led the team with five shots, two of which were on goal.

Kati Baker also contributed four shots, with two on goal during the game. Meg Riebau took three total shots with two on goal to help the Warriors offensively. Rebecca McCoy and Devon Richards shared two shots apiece, while Samantha Fegen, Alaina Kne and Morgan Lefebvre each had one.

The Peacocks had 20 total shots, with 11 of them being on goal. Loescher had seven total shots, one of which was team's scoring goal. Aimee Wronksi and Maggie Olson were also among the top helping out Upper Iowa with five and three shots, respectively.

Although Winona State was scored on only once during the day, goalkeeper Alexandra Vial was able to save the ten other shots on goal compared to Upper Iowa's Kaitlyn Emanuel who had nine saves.

The Warriors earned their first win of

the season Sept. 15 when they hosted the Northwest Missouri State Bearcats.

Bearcats' Fiona Moloney scored her team's solo goal off of a free kick, giving Northwest Missouri an early lead during the first half.

Winona State's McCoy battled back, giving the Warriors their first point of the game during the second half. The game concluded in a 1-1 tie, which prompted play in two overtimes.

The Warriors had three total shots, while Northwest Missouri had one during the overtime. Neither team could come up with a goal, so another overtime was added to the clock.

With just 18 seconds left in the second overtime, Warrior freshman Riebau assisted Caitlin Lilly in scoring the game-winning goal, putting the Warriors ahead and giving them their first win of the year.

Lilly, along with Baker and Bales, each added three shots for the team and Mehan Bolton, DeRoo and Kne each had two. McCoy's sole shot taken during the game was her goal, and Taylor Zehren, Cailyn McCauley and Madalyn Jansen each added one shot to the total.

Cassie Phillips and Anna Holden lead the Bearcats with two shots each, accounting for half of the teams' total shots.

Vial allowed only one goal and saved an additional three goals from scoring. Northwest Missouri's goalkeeper, Kelsey Adams, had 11 saves and allowed two goals past her.

With their first win under their belts, the Warriors will travel to St. Cloud State for another conference matchup on Sept. 21, followed by a trip to Duluth to face University of Minnesota-Duluth.

-KYLIE BRIDENHAGEN
Sports Reporter
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The Warriors celebrate Caitlin Lilly's game-winning goal in overtime.

BARTHOLOME RONDET



Warrior Morgan LeFebvre goes in for a shot.

BARTHOLOME RONDET

Winona State football falls to St. Cloud State as Nelson makes debut

Freshman quarterback Jack Nelson had a strong outing in his collegiate debut, but the Winona State University football team dropped its second game of the season as the Warriors fell to St. Cloud State 29-26 Saturday at Husky Stadium.

After St. Cloud recorded the first score of the game, Nelson began his career as a Warrior in an impressive fashion, completing the first six passes he threw, including a 54-yard heave to Josh Mikes for a touchdown on just his second throw in a Warrior uniform.

"I think that our line did a great job with the pass blocking, and we were able to do some things through the air even with the rain," Nelson said. "I was just calling the play that was called and going out there trying to make a play and having fun! Just playing the game I love."

On the Warriors' next drive, a 62-yard run by Paul Preston all the way to the one-yard line helped set up a Jordan Kos score on the very next play, giving Winona State a 14-6 advantage, which would end up being the score at the half.

Husky quarterback Phillip Klaphake tied the game up in the third quarter with a seven-yard strike to Dan Brown and successfully got the two-point conversion to go.

St. Cloud took a 21-14 advantage right away in the fourth quarter, thanks to a three-yard run by Michael Walker. Winona State's offense quickly answered with a

one-yard quarterback sneak by Nelson; however, a missed extra point kept the score at 21-20 in favor of the Huskies.

With just four minutes left in the contest, Klaphake lost control of a pitch and Turrell Foster scooped it up and took it 33 yards for the score to give the Warriors a 26-21 lead. St. Cloud answered with a game-winning touchdown drive ending with a six-yard run by Klaphake with 43 seconds on the clock.

Nelson finished his debut 16-of-29 for 228 yards including a passing and rushing touchdown. Paul Preston was the leader in the ground game for Winona State, recording 66 yards on eight carries, while Mikes got 74 receiving yards and a score. The sophomore receiver has now posted a touchdown in the last six games for the Warriors.

On the defensive end, Morgan Weaver led the charge for the Warriors, recording 11 tackles and a fumble recovery. AJ Shipp and Collin Corcoran each posted six tackles as well for the Warriors.

Winona State (0-2) comes back home Saturday, Sept. 21 when it squares off against Minnesota State University-Moorhead. Kickoff is set for 1 p.m. at Verizon Wireless Stadium.

-SAM THIEL
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Warrior Athlete Spotlights



Morgan LeFebvre

Sport: Soccer

Year: Senior

Major: Elementary Education

Favorite WSU sport moment: My freshman year, we went to the Sweet 16, which was awesome. I had an impact on the team and was able to play.

Pregame ritual: I have a certain pair of socks I have to wear and a certain song I listen to.

Advice for a young athlete: Work hard. If you do, the coach will find you playing time.

Josh Mikes

Sport: Football

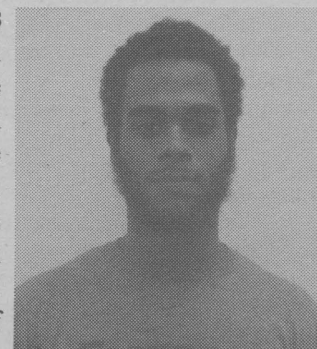
Year: Sophomore

Major: Physical Education

Favorite WSU sport moment: Winning the Mineral Water Bowl last year.

Pregame ritual: I try to stay as relaxed as possible, maybe goof around a little bit and then lock it in when the game starts.

Advice for a young athlete: Work hard and if you really love the game, put the time in so you can be your best.



Alex Zeyen

Sport: Golf

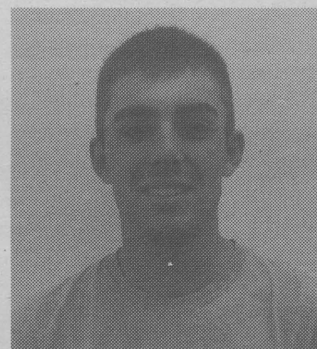
Year: Senior

Major: Physical and Health Education

Favorite WSU sport moment: I got my first win at Bemidji State last year.

Pregame ritual: I'm not supersititious at all.

Advice for a young athlete: You can't worry about what everyone else is doing. You have to focus on you. Whatever happens, happens. You just have to go out there and do your best.



Winona State cross-country teams take first at SMU Alumni Open

Last season had mixed results for Winona State's cross-country teams. The women made it to the Division II National Championship, where they earned a ninth place finish.

Head coach Brett Ayers said the women's team has high aspirations for the season and hopes to become a team that consistently competes at a national level.

In order to become a national contender, a team needs elite athletes to lead the way.

Warrior Jessica Young is returning as a Division II All-American. Jordan Skelly also had a good run in the national meet last year and a great spring track season.

"Chelsea Schrubbe ran very well last year as did Jordan Paschke, who is just a sophomore. In our first meet this year, Jordana LeSavage looked very strong," Ayers said.

The Warriors began the year with the St. Mary's University Alumni Open in Winona where they dominated. Jessica Young led the field with a time of 19:18. Young was one of five Warrior runners that cracked the top ten; Jordan Skelly took third with a time of 19:36, Jordana LeSavage finished in 19:57 to take fifth, Chelsea Schrubbe finished sixth with a time of 20:05 and Jordan Paschke took seventh with a time of 20:07.

The next challenge for the Warriors was the Wisconsin-Parkside Midwest Open, where Young finished fourth overall with 18:16, and Skelly posted a time of 18:39. The Warriors finished fifth as a team in the meet.

The men's team is at a different stage. Last season they struggled at their conference meets, which is something the

team addressed.

"We want to focus on the NSIC meet and take the next step to becoming a consistent, contending team, which for 2013 means finishing fifth or higher at the conference championships," Ayers said.

Some runners to watch for the men are "Billy Eifert, Sam Westerberg, Shane Carlson and David Lund," Ayers said.

Eifert and company got off to a good start at the St. Mary's Alumni Invitation, crushing the field by 43 seconds to take the individual title with a time of 21:36. Carlson was able to claim fourth with a time of 22:33, and Westerberg's time of 22:25 rounded out the top five.

The men brought the momentum from their win to Somers, Wis. for Wisconsin-Parkside Midwest Open. The men earned an 8th place finish in a field full of elite

Division I runners.

The competitive field didn't stop Eifert, whose time of 25:49 earned him a 15th overall finish and led the men to a 15th place finish.

The men's start to the season is a positive sign considering they are unproven, "we're very young," said Ayers.

The next men and women's meet is the St. Mary's No Limits Invitational in Winona. The action gets underway 4:30 p.m. with the women's race, and the men will race at 5:15 p.m.

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The invisible helpers: an athletic trainer profile

Stacey Czaplewski sees her job as an athletic trainer as more of an emotional experience than a medical profession.

"The athletes come in at 17 or 18 and to be able to watch the athletes grow and become a better human being, a responsible human being, and to watch them mature," Czaplewski said. "That is a big piece of the profession that I really enjoy."

Czaplewski is the head of the athletic trainers at Winona State University. She is a 15-year veteran of the profession at Winona State. Her duties and those of her profession often work away from the eyes of the public.

"We are really here to make sure that the student athlete is being protected and being cared for in an appropriate manner," Czaplewski said.

Czaplewski began her academic career at Iowa State where she received her undergraduate degree for athletic training. She went on to obtain her master's degree in education at Tusculum, Tenn. and eventually, after stints at Gundersen Lutheran and Winona Health, was hired to be the head athletic trainer at Winona State.

"I grew up in Winona; I went to Iowa State; and then from there, down to Tennessee, and after that I went to Gundersen Lutheran," Czaplewski said.

"Then I did a couple of stints with the United States Olympic committee, I worked with the women's soccer team."

Czaplewski explained that she would spend her summers with the Olympic athletes and she would spend the rest of the year with the student athletes at Winona State.

"Providing health care to all of our student athletes here, that's the number one priority that we have," Czaplewski said. "That entails pre-treatments prior to their practices; we are at the majority of the athletic teams' practices."

The athletic trainers at Winona State prepare and aid student athletes four hours before the game, during the whole game, and two hours afterwards. "If we didn't have certified athletic trainers, there wouldn't be college athletics, quite honestly," Czaplewski said.

Tom Sawyer, the head football coach at Winona State, said he agrees. "We cannot function without them. You have to have them on the road with you, you have to travel with them, on the buses, student trainers as well as full time."

Sawyer said that the student athletes feel a sense of comfort with the athletic trainers. They are afraid to mention such things as concussions to their coaches because they do not want to disappoint them. However, they will approach the

athletic trainers because the relationship is different.

"Stacey has a lot different conversations with an athlete than their position coach does about that same injury," Sawyer said. "Because, they won't tell their coach that they are hurt because they do not want to miss playing time. But, they will tell the trainer because she has a different relationship with that player. They know that she is out for them."

Stacey is proud to be a part of Winona State because of the athletic trainers, coaching staff and available facilities.

"It's really neat to be able to, as a student-athlete, walk down a hallway and have the football coach say hello, or the women's basketball coach says hi. That's what's really special here, everyone wants to see everyone succeed," Czaplewski said. "And, I would say, that isn't the norm in most places."

The athletic trainers and the athletic community at Winona State care much more about the person than the number on his or her back. They strive to get to know the person behind the jersey.

"Getting to know them [student-athletes] and seeing them grow is my favorite part of the job. Quite honestly, it's really fun to get to know our great coaching staff as well. Just building those relationships and those friendships is a lot of fun,"

Czaplewski said.

Czaplewski said dealing with 110 football players could create a much more different challenge. Dealing with all of the different personalities and pasts can be a hard task. However, Czaplewski knows that through her experiences with those athletes, she will become a better person. Hearing their stories helps her in ways she never thought possible.

"It's really nice to hear those stories because it shows how far they have come, and it shows their success as a person," Czaplewski said.

Czaplewski also explained athletic training is a common profession, but not many people know about the good that the trainers do.

"Athletic training is a very difficult profession," Czaplewski said. "However, I think you're given a lot back that makes you realize how important it is as a profession. And even though there aren't a lot of thank you's, sometimes, that one or two that you get that you aren't expecting carries a long way to keep you going."

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Winona State volleyball 3-6 after Central Missouri tournament

The Winona State University volleyball team traveled to Warrensburg, Mo. to play in their second straight weekend tournament hosted this time by Central Missouri.

The Warriors played against host Central Missouri first. Central Missouri is currently ranked number seven in the nation, and bested the Warriors 3-0. In the first game of the match the Warriors fell 25-16. Then fell 25-13 in the second game, and 25-14 in the third and final game.

The Warrior defense was paced by Bekah Saugen and Leah Perri, who each finished the match with 11 digs apiece.

Offensively the Warriors had difficulties, hitting only .058 for the duration of the match. Katie Froehle was the Warriors kill leader with seven, and Elena Kruesel dished out ten assists to lead the Warriors.

After the loss, the Warriors were in for another tough opponent, this time Ferris State, who came into the match ranked number 23 nationally.

A quick start by the Warriors and a .367 hitting percentage allowed them to take the first game of the match by a score of 25-18 and the secure the early lead. Ferris State would then come back, winning the next three games by scores of 25-16, 25-20 and 25-19 to claim the match win.

Saugen led the Warriors in kills with 14, followed by Froehle with 11 and Alli Glisch with 10. For the second

straight match, Kruesel led the Warriors in assists with 21, while Kaley Jacobson was right behind with 17.

Defensively, the Warriors had three players finish with double digit digs. Saugen paced the team with 14, followed by Perri and Froehle each with 12.

Winona State was looking to record their first victory of the tournament. Facing McKendree, the Warriors looked dominant en route to a straight set victory and their first tournament victory.

The Warriors jumped ahead in the first game for a 25-16 win followed by victories in the final two games of the match both by a score of 25-18. Pacing the Warrior offense were Laura Zeamer and Kathleen Omelina, who finished the match with .444 and .429 hitting percentages respectively.

Rachel Polland and Saugen each recorded double digit kills and were the only players from either team to do so. Kayla Uhlenhake was the top assist giver for the Warriors, finishing the match with 15 recorded assists.

On the defensive side, Froehle led the Warriors with 17 digs and right behind her was Saugen with 16.

Winona State dropped both matches in the last day of the tournament against Emporia State and Pittsburg State.

In the first match against Emporia State, the Warriors took the first game by a score of 25-17, but Emporia rebounded in the second game to win 25-23.

In the third game, the Warriors had the win again 25-22. One game away from claiming the match, Winona State lost the next two games by score of 25-13 and 15-13 to give the Warriors their third loss in the tournament. Saugen again led the Warriors in kills with 12 and also added 14 digs defensively. Kruesel had a team high 28 assists and Froehle and Perri tied with 18 digs each.

In their final match of the tournament, the Warriors faced Pittsburg state and with offensive struggles, the Warriors recorded a straight set loss to end their weekend. The Warriors fell by scores of 25-17, 25-21 and 25-22.

The Warriors were unable to get anything going offensively hitting just .107 for the match and having no player reach double digit kills. With nine kills apiece Froehle and Polland were the leaders for the Warriors.

The Warriors, who at week's end had a 3-6 record begin their season of conference play on Thursday, Sept. 19 when they travel to Mankato to play Minnesota State at 7 p.m.

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Intramurals offer diverse opportunities for students

After the Winona State University football teams and soccer team exit Verizon Wireless stadium, a different group of athletes takes over the field.

There are over 20 intramural sports offered during the school year for students to join that include four-on-four coed basketball, coed soccer, men's softball and women's volleyball.

To play an intramural sport, all a student has to do is join or form a team and pay a small team fee.

After a classmate asked junior Emanuel Deng to help form a coed soccer team, Deng has played as an attacking midfielder ever since his freshmen year.

"The games are competitive but not totally serious," Deng said. "There's a fun atmosphere, people just coming together to play."

Mark Bambenek, director of intramurals for 24 years, said that the goal of intramural sports is to have fun and socialize.

"We try to provide an opportunity to get together and have some fun with friends," Bambenek said.

In addition, there is more to intramurals at Winona State than just sports teams.

"We have a full aquatics program that offers open swim and swim lessons," Bambenek said. "And we have all the fitness classes, about 20 of those a week, that are all free to the students."

As director of intramurals, Bambenek has many responsibilities and is in charge of many programs.

"First and foremost, I'm in charge of running the tournaments and leagues for the teams which includes scheduling,

registration and hiring officials," Bambenek said. "And then also I'm in charge of the swimming pool so hiring lifeguards and swim instructors, as well as hiring the instructors for fitness classes."

Bambenek is also in charge of the open rec gym located on the second floor of the Integrated Wellness Complex (IWC).

The IWC on main campus is home to the free open rec gym and all of the free aquatic programs and fitness classes.

Freshman Andrea Yechout participates in multiple fitness classes a week that include "Butt 'N Gut," "Yogilates" and "Power Hour". She is also looking forward to trying "Turbo Kick."

"You get a good work-out in, which is a nice break from homework and studying," Yechout said. "And you can also go with friends and get a chance to socialize."

Fitness classes, intramural teams and open swim all offer a chance for students to be active, have fun with friends and meet new people. Competitiveness is not what intramurals are aimed towards.

"There's a little bit of competitiveness, especially when it comes to intramural games, but we try not to make things super competitive," Bambenek said.

The IWC's free activities and intramurals offer an opportunity to be active and take a break from classes.

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Baseball in our nation's capital: a fan's review of Nationals Park

For the second time this season, I went to a Washington Nationals game and got to take in the great ballpark experience that is Nationals Park. They won the first game I went to, but this time, they lost against the Philadelphia Phillies. They did make it interesting though towards the end, so even though it was a loss, it was still a great game.

My second experience at the ballpark was just as good as the first one. I had different seats this time – I sat in the right field nosebleeds, but you still have a wonderful view of the game. My tickets were only \$7.50, and I think our seats are normally \$11.

The experience at the ballpark is great. The biggest thing that I noticed that was different from any other ballpark I've visited was the fact that the ushers make you wait for a stop in play before allowing you to head to your seat. At first, I thought this was silly, but the more and more people walked in front of me during the action, I got frustrated. I didn't like the rule at first, but now I wish every ballpark did that. The ushers and vendors are great to work with and all have very friendly personalities. It's always a joy to purchase something from one of them.

Aesthetically, the ballpark is beautiful on the inside and outside. They did a great job of using white on the façade and using red as a major highlight of various things throughout the ballpark. The seats are actually quite comfortable in my opinion and there isn't a bad seat in the house—at least from where I have sat so far. The big screen in the outfield is crystal clear and it's beautiful to look at. The graphic design and video teams have out done themselves



A view of Nationals Park, home of the Washington Nationals, from the stands.

MATT SHALBRACK

with everything, because there are just so many beautiful things that they do with the crystal clear big screen that make it such a joy to watch and stare at. A few times I even found myself staring at the big screen more so than the game itself.

I didn't notice that the food prices were too high compared to other ballparks and they have a variety of options for both vegetarians and meat eaters alike. The beer prices were a little high – \$9 for a normal draft beer and \$9.75 for a Heineken – but

that was from the beer vendors who walk throughout the stands. Prices may have been cheaper when purchased elsewhere.

My favorite part about the Nationals Park experience is the view that you get from inside the stadium. At night, all of the buildings in the distance are illuminated, which makes for such a pretty view. The dome of the United States Capitol can be seen in the distance as can the Washington Monument.

Overall, my second experience to

Nationals Park was a great one. I definitely will be back again, hopefully soon if the Nationals make the playoffs. I can't wait to have many more wonderful experiences at Nationals Park and experience a few more Curly W's!

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